



# Life Skills Center

**Hours :**

0730-1630, Mon-Fri

**Location:**

310 West Losey Street  
Building 1533

**Phone:**

(618) 256-7386

The Life Skills Support Center provides comprehensive mental health evaluation and treatment for all eligible beneficiaries.

**Individual Psychotherapy**

We provide individual intervention on a wide range of psychosocial problems, e.g. relationships issues, depression, anxiety, occupational stress. Intervention provides support and insight to individuals desiring to reduce psychosocial distress. Most treatment is concluded within 8-10 sessions.

**Group Psychotherapy**

Individuals who are struggling with interpersonal relationships or whose symptoms appear or are worsened in response to how they relate with others are brought together in a group. The group members work together to learn about themselves and to find more effective ways to interact with others. You and your mental health provider may decide to refer you for this type of therapy. After meeting with the group therapist, you may join the group and participate as long as your involvement is helpful in achieving your goals.

**Life Skills 101:** How to recognize stress and manage it more effectively

One time class that focuses on basic skills to prevent and manage distress to include:

- Self-Awareness
- Self Care
  - Exercise
  - Sleep
  - Nutrition

Relaxation  
Enjoyable activities  
Optimistic attitude  
Spirituality  
Priority Setting and Time Management  
Problem Solving  
Goal Setting and Planning

Participants will create a goal for improving coping and set a specific plan to work toward that goal. Goals and plans will be followed up with individual providers. Open to and highly encouraged for all patients in LSSC or BHOP, eligibility may expand in the future. Meets Tuesdays 0800 for ~1 ½ hours in the LSSC

### **Medication Management**

Medications can often help alleviate distressing symptoms such as depression and anxiety. Psychiatric evaluation and consideration of medications as part of an overall treatment plan are offered at LSSC.

### **Behavioral Health Optimization Project (BHOP) Program**

The Behavioral Health Consultation (BHC) Service is a program available to active duty members and their spouses who receive care in the Primary Care and Flight Medicine clinics – its a part of your overall good health care. The purpose of the BHC Service is to provide assistance when stress, anxiety, or emotional concerns about physical or other life problems are interfering with a person's normal life – but when traditional mental health care is not indicated. It's brief, problem focused care that's designed to get you back on track and your PCM is actively involved in your plan, care, and progress.

### **Stress and Anxiety Management Class**

This 4 session class is designed to teach basic skills in the management of stress, depression, and anxiety. The class focuses on assisting individuals in understanding and reducing unhealthy levels of life stress. This short term group offers members a wide range of physical, interpersonal and cognitive skills in successful management of their stress. The class meets on Thursdays from 9:00 am - 11:00 am.

### **Anger Management Class**

This is a 5-week educational class that is designed to help you recognize your triggers of anger, the effects of anger and how to better manage your anger. Participants also receive training in effective communication, problem-solving, and relaxation techniques. The class meets on Wednesdays from 3:30 p.m. -5:00 p.m.

### **Work Place Violence and Suicide Briefings**

Briefings are provided on an as needed basis for units/organizations desiring information on this topic. The briefings provide education about risk factors, ways to detect someone at risk, practical ways to intervene, and resources available for consultation and intervention.

### **Critical Incident Stress Management**

Intervention is available when an individual, group or unit experiences a traumatic life event. Intervention is usually in the form of defusings/debriefings which are brief prevention visits giving support and energizing skill suggestions to normal persons who have just experienced an abnormal adverse event.

### **Neuropsychological Evaluation**

We conduct comprehensive evaluations of patients referred for suspected brain injury, neurological disease, learning difficulties, or attention deficit disorder. Our practice is limited to English speaking patients ranging from 18 - 100 years of age.

### **Deployment Screening**

Troops projected for deployment receive a comprehensive screening to determine if there are any mental health issues, personal or family problems that may interfere with their deployment. This screening also provides information about keeping mentally fit while deployed, and about base and community services available to the individuals dependents during his/her absence.

### **Disaster Response Team Support**

The Mental Health Disaster Response Team will support a variety of crisis situations involving military members and their dependents. These crisis situations would include military disasters (wartime contingencies), peacetime disasters, and hostage situations. The Mental Health Team would primarily address the emotional needs of personnel affected by a disaster.

### **Organizational Consultation**

This program offers assistance to commanders, NCOIC's and supervisors in analyzing and overcoming organizational challenges that may impact morale, productivity, retention, communication, problem solving, and/or conflict resolution.

For more information on the above information or to enroll into one of the above classes, please contact the Life Skills Support Center, (618) 256-7386.